

## Good Health Habits Can Help Prevent the Flu

- **If you are ill or know someone who is ill, do your best to avoid close contact.** Usually a distance of 6 feet between people can help prevent spread of flu.
- **Stay home when you are sick.** Don't go to school or to work or run errands when you are sick. Keep sick children at home until they are well. Going back to school or work too soon can spread illness.
- **Cover your mouth and nose when you cough or sneeze.** It's best if you can use a tissue to cover your cough. Then throw the tissue into the trash.
- **Wash your hands often and well.** Wash your own hands and the hands of children who are not able to do good hand washing on their own. Wash for as long as it takes to sing the A-B-C song. Good washing removes viruses and bacteria that cause illness.
- **Keep hands away from eyes, nose and mouth.** Illness is often spread by contaminated hands touching the eyes, mouth or nose.
- **Practice other good health habits.** Get plenty of sleep. Be physically active. Manage stress. Drink plenty of fluids. Eat nutritious foods. Avoid smoking and second hand smoke.

There is no vaccine for novel H1N1 flu (swine flu) at this time, but practicing good health habits every day can help keep illness from spreading.

If you think you have the flu, stay home, avoid close contact with other people, and call your health care provider by phone. Symptoms of flu to watch for are: sore throat, bad cough or runny nose, body aches, extreme tiredness, chills, fever and in some cases, diarrhea or vomiting. Your health care provider will decide if testing or medicine is needed.